

AMENDMENTS TO THE CLAIMS

Claims 1-14 (Canceled)

Claim 15 (Currently amended): An exercise apparatus comprising:

a generally rectangular frame having a head end and a foot end and including a pair of spaced apart parallel track members between the ends, wherein each track member is a tubular extrusion having a rectangular cross section;

a movable carriage mounted on said frame for movement along said track members;

a plurality of elongated elastic members extending between said carriage and an anchor bar near said foot end of said frame;

an elastic member anchor bar and carriage stop assembly mounted to the track members adjustably anchoring said plurality of elastic members to the anchor bar held by the track members while maintaining a predetermined minimum distance between said carriage and said anchor bar, the anchor bar having opposite ends, each end including an axially extending tenon having two opposite sides, each track member including a longitudinally extending elongated slot sized to receive one of the tenons therein, each slot having spaced notches forming anchor bar stop portions defining spaced lock positions, wherein said opposite sides of said tenons engage the anchor bar stop portions of the slots in the locked positions, and a guide member attached to said anchor bar inside each said tubular track substantially centering said tenon in said slot.

Claims 16-18 (Canceled)

Claim 19 (Previously submitted): An anchor bar and carriage stop assembly for use in a reformer apparatus having a movable carriage mounted on parallel track members, the assembly comprising:

each said track member having an elongated tubular shape and a longitudinal axis, each track member having an elongated slot through a wall of the tubular shape and extending parallel to the longitudinal axis of said track member; and

an anchor bar having opposite ends, each end extending into the elongated slot in one of the track members, wherein each said elongated slot has a plurality of spaced notches forming anchor bar stop portions engaging the end of the bar to prevent movement along the slot when the anchor bar is in a locked position in one of the notches and a wheel attached to each end of the anchor bar in the tubular track member to center the end in the slot.

Claims 20-29 (Canceled)

Claim 30 (Previously submitted): An exercise apparatus comprising:

a generally rectangular frame having a head end and a foot end and including a pair of spaced apart parallel track members between the ends;

a movable carriage mounted on said frame for movement along said track members;

a plurality of elongated elastic members extending between said carriage and said foot end of said frame;

an elastic member anchor bar and carriage stop assembly mounted to the track members having an anchor bar supported within the track members adjustably anchoring said plurality of elastic members to the anchor bar; and

a guide means in the track member for preventing binding of the anchor bar in the track member.

Claim 31 (Original): The apparatus according to claim 30 wherein the guide means is a wheel fastened to a portion of the anchor bar within the track member.

Claims 32-36 (Canceled)

Claim 37 (New): An anchor bar and carriage stop assembly for use in a reformer apparatus having a movable carriage mounted on parallel track members, the assembly comprising:

each said track member having an elongated hollow tubular shape and a longitudinal axis, each track member having an elongated slot through a wall of the hollow tubular shape, the elongated slot extending parallel to the longitudinal axis of said track member; and

an anchor bar having opposite ends, each end extending through the elongated slot in the wall of one of the track members, wherein each said elongated slot has a plurality of spaced notches forming anchor bar stop portions engaging the end of the bar to prevent movement along the slot when the anchor bar is in a locked position in one of the notches and a wheel inside each tubular track member attached to the end of the anchor bar in the tubular track member to center the end in the slot.

Claim 38 (New): An exercise apparatus comprising:

a generally rectangular frame having a head end and a foot end and including a pair of spaced apart parallel hollow rectangular tubular track members between the ends;

a movable carriage mounted on said frame for movement along said track members;

a plurality of elongated elastic members extending between said carriage and said foot end of said frame;

an elastic member anchor bar and carriage stop assembly mounted to the track members having an anchor bar supported within a closed slot in each of the hollow tubular track members adjustably anchoring said plurality of elastic members to the anchor bar at selected distances from the foot end of the frame; and

a guide means in each of the track members for centering and preventing binding of the anchor bar in the track member.